

### **Abstract of the Disclosure**

An exercise apparatus (1) comprises at least one upright (3) joined to a cross bar (5)-provided with a limb support means-(17, 18, 19). The limb support comprises an upright (3)-isconnecting cross bar of such a length that the cross bar (5)-is spaced from the floor sufficiently such that, in use, the limb support means (17, 18, 19)-comprises a leg support means to be positioned beneath, and to support, the legs of the user can rest on the cross bar when the user is positioned beneath the cross bar-(5). The cross bar (5)-also being sufficiently spaced from the floor such that, in use, the limb support means (17, 18, 19)-comprises a handgrip means-to enable a user to push down on the exercise apparatus so that the exercise apparatus (1)-supports at least some of the user's weight. The limb support means (17, 18, 19)-comprises two limb supports (17, 19)-outer concave regions that are relatively spaced along the longitudinal axis of the cross bar-(5). The cross bar (5)-is provided with a third limb support (18)-inner concave region in between the two outer concave regionslimb supports (17, 19).